

OFFICE OF THE GOVERNOR

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STATE OF ALABAMA

ALABAMA DEPARTMENT OF ECONOMIC
AND COMMUNITY AFFAIRS



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Encouraging Alabamians to walk their way to better health is the foundation of the Passport to Fitness program; but don't be surprised when you discover the many extra benefits.

While walking one of the numerous trails listed in this guide, it's not at all unlikely that you will wander upon spectacular wildflowers or catch a glimpse of a deer leaping across the path in front of you. Perhaps, through the splendor of early architecture or historic buildings, you will discover a path to bygone times.

Our guide features trails from every section of Alabama – many within minutes of most cities and towns in the state. More than 60 communities and the entire state park system are participating in the program. Numerous communities submitted more than one trail.

Where you go is up to you. You may choose a paved walking trail, an urban sidewalk, a small-town street or a winding, woodlands path where you can enjoy the simple pleasure of treading bare earth. Trails range from less than a mile to more than five miles. You can test your stamina on rigorous mountain terrain or saunter along a bottomland boardwalk or coastal path.

This guide will supply you with all the information you need concerning each trail from the level of difficulty, availability of benches, location of water fountains and restrooms, and global positioning coordinates.

And while you are out and about, I urge you to get better acquainted with our communities and friendly people. Stop by a drug store, service station or gift shop if for nothing more than to say hello. It's all part of the journey.

So . . . take a hike, and take in Alabama.